



Caano ku-filan?



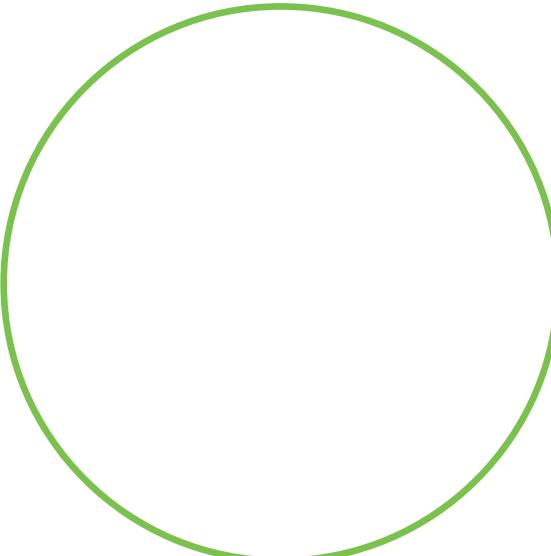
Naas-nuujinta ilmahayga



Naas-nuujinta meel fagaare ah



Ku-noqoshada shaqada ama dugsiga



Dhibta naas-nuujinta

Naas-nuujin

Caano ku filan?

Su'aalah La soo-jeediyey:

- Maxaad ka maqashay sida loo kordhiyo bixinta caanaha?
- Wax badan iiga sheeg walaacaaga.

Talooyin:

- Soo-saarka caanuhu wuxu ku salsan yahay baahida iyo bixinta.
- Si aad u kordhiso bixinta caanaha, naaska sii ilmahaaga 1 ilaa 2 saac oo kasta ama markuu ilmahaagu muujiyaba calaamadaha gaajada.
- Hadduu ilmahaagu nuugi waayo naaska, isku-day inaad mashiin ku listo.
- Siinta dhalooinka ama kaddaab waxay ilmaha ku keentaa dhib xaggaa jiqista naaska ama/ayo yaraysaa caanaha naaska.
- Dhakhso u korodhka naas-nuujintu waxay muujinayaaa in ilmuu korayo. Kadib 2 ilaa 3 maalmood caanuhu waa soo badan doonaan, ilmuhuna sidii badnayd u cabbi maayo.

Xaashiyaha la bixiyo:

- *Breastfeeding. Keep it simple (buug) (Naasnuujinta. Si sahlan ah)*
- *How To Tell If Your Baby Is Hungry (goo xaashida) (Sidaad ku garanayso haddii ilmuu gaajoonayo)*

Naas-nuujinta ilmahayaga

Su'aalah La soo-jeediyey:

- Maxaad su'aalo ka haysaa naas-nuujinta ilmahaaga?

Talooyin:

- Caanaha naaskaagu waa cuntada ugu fiican ee ilmahaaga lixdha bilood ee ugu horraysa noloshiisa.
- Ilmahaagu wuxuu xiisaynayaa inuu ku daawado waana laguu sheegi doonaa waqtiga ku habboon isku-dayida cunto kale.
- Isku-day inaad seexato markuu ilmuu gam'o.
- Waqtiyada naas-nuujintu waxay isla beddelaan ilmahaaga da'diisa.
- Naas-nuujii ilmahaaga ugu yaraan sannadka hore ee noloshiisa.
- Dhakhso u korodhka naas-nuujintu waxay muujinayaaa in ilmuu korayo. Kadib 2 ilaa 3 maalmood caanuhu waa soo badan doonaan, ilmuhuna sidii badnayd u cabbi maayo.

Xaashiyaha la bixiyo:

- *Staff choice (Ikhtiyaarka Shaqaalaha)*

Ku-noqoshada shaqada ama dugsiga

Su'aalah La soo-jeediyey:

- Maxaad qorshe ilmahaaga u samaysay markaad ku noqoto shaqada/dugsiga?
- Maxay asxaabtadu kaaga sheegeen ku-noqoshada shaqada/dugsiga?

Talooyin:

- Waqtiga ay qaadanayso qorshaynta naas-nuujintu iyo ku noqoshada dugsi/shaqqo waa u qalantaa!
- Ilmaha naaska cabaa wuu ka caafimaad badan yahay waalidkuna ma seegaan shaqo/dugsi in badan.
- Naas-nuujintu waa si fiican oo ilmaha loo salaamo markaad ka soo noqoto shaqo/dugsi.
- Baro lisidda iyo kaydka caanaha naaska.

Xaashiyaha la bixiyo:

- *Working and Breastfeeding. Can you do it? Yes, you can! (Shaqada & Naasnuujinta. Ma Samayn Karta?, Haa!)*
- *Breastfeeding and Returning to Work (Naasnuujinta & Kunoqoshada Shaqada)*
- *Breastfeeding. Keep it simple (buug) (Naasnuujinta. Si sahlan ah)*

Mawduuca doorashadaada

Naas-nuujinta

Naas-nuujinta meel fagaare ah

Su'aalah La soo-jeediyey:

- Wax badan iiga sheeg walaacaaga.

Talooyin:

- Inaad muujiso maaha naashaaga markaad ilmahaaga naaska nuujinayso.
- Dhar kala sareeya ayaa sahasha naas-nuujinta meelaha faagaraha.
- Adeegsiga buste yar wuu u fiican yahay adiga iyo ilmahaagaba.
- Isku-day inaad ku jaribto ninkaaga hortiisa, saaxiibkaa ama muraayad haddii aad ka walaacsan tahay waxay dadka kale arkayaan.

Xaashiyaha la bixiyo:

- *Don't Shy away from Breastfeeding*

Dhibta naas-nuujinta

Su'aalah La soo-jeediyey:

- Wax badan iiga sheeg walaacaaga.

Talooyin:

- Fiiri siduu ugu aaddan yahay ilmuu naaska. Hubi ilmahaaga afkiisu inuu aad u furan yahay. Gadhiisu waa inuu taabto naaskaaga.
- Hubi inuu ilmahaagu ibta inteeda badan afka kula jiro.
- Haddii aad weli xanuun dareensan tahay kadib dhawr daqiqo, ka saar oo isku-day mar kale.
- Haddii ay lagama maarmaan tahay, naas-nuujii 1 ilaa 2 saac oo kasta iyo waqtayo gaagaaban haddii xanuun jiro.
- Codso gargaar haddii xanuunku sii socdo.

Xaashiyaha la bixiyo:

- *Breastfeeding. Keep it simple (buug) Naasnuujinta. Si sahlan ah*
- *If your Breasts are Engorged (goo xaashida) (Haddii ay Naasahaagu Buuxaan)*